



Weill Cornell Medicine-Qatar
Institute for Population Health

ME, MYSELF AND I

Health and YOU *Community Wellness Series* **Me, Myself and I: Self-Awareness and Wellbeing**

Explore self-awareness and well-being in this transformative session. Delve into introspective practices, promote a state of consciousness, and identify strategies for personal growth, fostering a healthier, more fulfilling life.



Live Webinar

Jan 10, 2024

4:00 to 5:00 PM

(Qatar Time)



Speaker

Ms. Maha Elnashar

*Director, Center for Cultural Competence
in Healthcare, Institute for Population
Health, Weill Cornell Medicine-Qatar*

Maha Elnashar is the Director of the Center for Cultural Competence in Healthcare at the Institute for Population Health of Weill Cornell Medicine-Qatar (WCM-Q). Ms. Elnashar holds two master's degrees in human development and in comparative religions, as well as a post-graduate diploma in interpretation and translation. Ms. Elnashar is the founder of the Center for Cultural Competence in Healthcare at WCM-Q and co-founder of the Qatar Institute of Intercultural Communication, an Education City initiative that works in collaboration with the Intercultural Communication & Collaboration Forum (ICCF). Ms. Elnashar is licensed by the Cross-Cultural Health Care Program in Seattle, USA, as a Medical Interpretation and Cultural Competency trainer, and a certified trainer of emotional intelligence by TalentSmart Inc., USA. She has extensive experience in training healthcare providers and educational professionals on cultural competency, emotional intelligence and medical interpretation skills. Her research focuses on the influence of culture and language on healthcare, and she has published various scholarly articles in prestigious peer-reviewed journals.